2Spaghetti&MeatSauce15

Number of Servings: 15 (186.36 g per serving)

Amount	Measure	Ingredient
30.00	oz	Beef, ground, hamburger, pan browned, 10% fat
2.00	cup	Sauce, spaghetti, low sod
4.00	cup	Sauce, spaghetti, garlic & herb, chunky, cnd
14.00	oz	Pasta, spaghetti noodles, enrich, dry, all brands
7.00	Tbs	Cheese, parmesan, dried, grated

Nutrients per serving

Nutrition Facts

Serving Size (186g)
Servings Per Container

Amount Per Serving

Calories 310	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol 55mg	**18%**
Sodium 370mg	**15%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 2g	**8%**
Sugars 10g	
Protein 22g	

Vitamin A 10% • Vitamin C 8%
Calcium 10% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Notes

* For each pound browned ground beef EP purchase 1 1/3# 90% lean ground beef
RECIPE MADE WITH part LOW SODIUM & part REGULAR SPAGHETTI SAUCE to keep sodium level acceptable

Cook spaghetti in boiling water according to directions on package (as you are adding speghetti to boiling water break it into thirds to make it easier to serve). Drain and store in cold water to keep noodles from sticking. Drain when ready to use.

Brown ground beef until meat reaches internal temperature of 155 degrees F. Drain off fat.
Add spagetti sauce and bring to a simmer, stiring occasionally.
Combine meat sauce and cheese and stir. Add drained, cooked spaghetti. Stir lightly. Pour into 12x20x2 inch counter pan (for 50 serv). Bake at 325 degrees F for 45 minutes to 1 hour. Serve at 160 degrees or hotter.

Serve 1-1 1/4 cup serving using an 8 oz ladle (1c) or 10 oz (1 1/4 c) = 1+ grain, 2 oz meat, 2 vegetable serving
1 serving = 33 grams carbohydrate = 2 Carb Serv